

T*echnical*

Space Shuttle Main Engine (SSME) Transition - An effort between our technical and business organizations has created the opportunity for us to successfully execute schedules and complete production of the SSME. It is our responsibility to provide quality flight engines to safely execute our remaining Shuttle missions. The SSME Transition Team works diligently with our prime contactor and other NASA engine projects to identify hardware, equipment, drawings and lessons learned that could be used for training or hardware design to ensure the success of future NASA liquid propulsion systems.

I*nformational*

Expectations, Predictability, and Change – Life and work events happening as we expected or as we predicted gives us a significant amount of security. When events or situations are different from what we expected or predicted, we experience some degree of anxiety and apprehension. Our expectations are powerful influences on how we react to situations that present themselves every day. When our expectations are met, we feel secure and safe. When things do not go as we expected or predicted, we feel insecure and fearful.

P*ersonal*

Practical Coping Skills (part 2):

- Get unpleasant jobs done first; if possible.
- Eliminate (or restrict) caffeine, tobacco, and alcohol.
- Practice relaxation during the day.
- Start a journal.
- Find a supportive, objective party to talk to regularly.
- Learn to live one day at a time.
- Do something special for yourself on a regular basis.

